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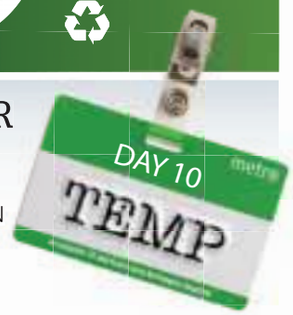
'A RECIPE FOR DISASTER'

AGAINST HER BETTER JUDGMENT, SHANNON HITS UP THE PRIV FOR DRINKS WITH THE DANIMAL PAGE 13



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IT'S ABOUT TO GO DOWN IN COWTOWN

Quarterback Darian Durant throws to a receiver at Mosaic Stadium on Thursday as the Saskatchewan Roughriders practise for the CFL's West Division final this Sunday against the first-place Stampeders in Calgary. Story, page 28. ROSS ROMANIUK/METRO

Province takes anti-bullying efforts online

Raising awareness. Anonymous reporting tool and standalone website among the resources Sask. plans to offer kids, parents

An anti-bullying report in Saskatchewan suggests people should be given information when they buy a smartphone on its appropriate use.

The idea to hand out a brochure against cyberbullying comes from a similar one in Nova Scotia.

Legislative secretary Jennifer Campeau, who wrote the report, says it's important that students understand the lasting impact of what they post online.

Education Minister Don Morgan said Thursday that no child should ever have to experience bullying.

He said an anonymous online reporting tool will be developed to report bullying incidents.

"They will have a rapid intervention process so that if something happens, if a student feels in the middle of the night, they're under stress or under strain, they've got some place that they can go to; they can report it online, deal with things anonymously."

The province also wants to engage youth in building solutions to address bullying, and says it will provide a standalone website for anti-bullying tools and resources for students, families and teachers.

"It will take a short period of time to get everything up and running, but our hope and expectation is that we have a more civil and a safer and better, secure place for our students," Morgan said.

THE CANADIAN PRESS, WITH FILES FROM CKRM

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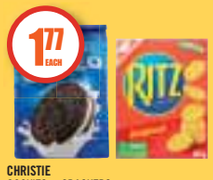

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Support and aid

Government lagging in action on aboriginal report: Opposition

Saskatchewan says it's moving forward with recommendations to improve education and employment outcomes for aboriginal people, despite Opposition arguments that a task-force report is sitting on a shelf.

A joint government-aboriginal panel made 25 recommendations in April to help First Nations and Métis people get training and find jobs.

New Democrat Trent Wotherspoon says the only idea the government has followed through on is driver-education programs for students who go to schools on reserves.

Wotherspoon says that's not enough to close the employment gap between aboriginal and non-aboriginal people.

Education Minister Don Morgan says some of the recommendations, like driver training and more money for adult basic education, could be acted on right away.

He says other ideas are in the works, but it will take time. THE CANADIAN PRESS

Crime

Boy gets probation after failed theft, school lockdown

An attempt to steal marijuana that triggered a lockdown at two Saskatoon high schools earlier this year has netted a teenage boy 15 months of probation.

The 15-year-old was sentenced Wednesday after a judge said the attempted robbery had a potentially dangerous domino effect that involved the police and disrupted many people.

Court heard the accused and two other boys tried to take the drug from a 17-year-old boy near the schools in May. A fight broke out and one of the boys produced a pellet gun.

CKOM/THE CANADIAN PRESS

Province remembers the 80th anniversary of Ukrainian famine

Members of the Ukrainian community, dignitaries and clergy members are seen at the Saskatchewan legislature on Thursday during a commemorative ceremony marking the 80th anniversary of the Holodomor — a man-made famine that ravaged the eastern European country in the early 1930s. MARCO VIGLIOTTI/METRO

Holodomor. Up to 10 million people were killed in early 1930s

It was a solemn ceremony marking the anniversary of one of the darkest passages in modern Ukrainian history.

Members of the province's Ukrainian community joined guests and dignitaries on Thursday at the Saskatchewan Legislative Building to commemorate the 80th anniversary of the Holodomor — a man-made famine that ravaged the country in the early 1930s.

"We must never forget the agony Ukraine suffered during those years," said Deputy Premier Ken Krawetz, who led the commemoration.

"Holodomor wasn't just an act of suppression — it was an attack on the very soul of the Ukrainian people.

"Saskatchewan Ukrainians owe a debt to those who suffered and died."

Regarded as a "crime against humanity" by the European Parliament, the Holodomor claimed the lives of seven million to 10 million people from 1932 to 1933 and is viewed by many historians as a deliberate act of terror by the Soviet regime of Joseph Stalin.

In May 2008, the legislative assembly of Saskatchewan became the first jurisdiction in North America to recognize the Holodomor as a genocide by passing the Ukrainian Famine and Genocide Memorial Day Act.

At least 14 countries now formally recognize the Holodomor as an act of genocide, including Canada and Australia.

The legislature ceremony also marked the public unveiling of a statue of a young girl, purchased by the Regina branch of the Ukrainian Canadian Congress (UCC) to memorialize the devastating event.

Titled Bitter Memories of Childhood, the statue is an exact replica of one that stands at the entrance to the National Holodomor Museum in Kiev, Ukraine.

Slawko Kindrachuk, president of the Saskatchewan council of the UCC, said the Wascana Centre Authority has pledged to place the statue on the grounds "within the legislative precinct" next spring.

MARCO VIGLIOTTI/METRO IN REGINA

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Feds invest in Sask. trades to meet labour surplus

Catching up with growth. Minister claims there are about 13,000 SaskJobs openings

JACOB MORGAN
jacob.morgan@metronews.ca

Saskatchewan has more job openings than workers to fill them.

The federal government announced Thursday afternoon a $200,000 commitment to the Saskatoon Trades and Skills Centre (STSC) to combat this side-effect of growth.

Kelly Block, the parliamentary secretary to the minister of natural resources and a Saskatoon MP, said the money is coming from the Western Economic Diversification fund.

"Our government's priorities remain jobs, economic growth and long-term prosperity," said Block. "This funding demonstrates our commitment to ensuring that Saskatchewan businesses are well placed when it comes to finding the skilled labourers that they need."

Representing the Province of Saskatchewan, which has also provided financial support to the STSC in previous years, Minister of Advanced Education Rob Norris said the labour shortage is particularly apparent in the trades sector.

"Skills training and education are important as far as helping students move from learning to earning," said Norris.

He added there are currently about 13,000 vacancies on the SaskJobs website and more than 3,000 in Saskatoon alone.

"We anticipate by 2020 we're going to see 60,000 more jobs opening up in Saskatchewan," said Norris. "It's a red-hot labour market and it's probably just going to continue to be that way."

Donavon Elliott, executive director of the STSC, said part of the $200,000 is going to be used to purchase new construction equipment, and funnelled into such programs as roofing, flooring and concrete forming.

The institution is unique, he said, because it accepts anyone who is willing to learn how to become employable and emphasizes practical education and training.

"It's very industry-based to get them jobs," said Elliott.

In the 2012 school year, 82 per cent of the 250 students who graduated found work, and many are aboriginal Canadians or recent immigrants.

The next step

"Skills training and education are important as far as helping students move from learning to earning."

Minister of Advanced Education Rob Norris

Rob Norris, minister of advanced education for the Province of Saskatchewan, chats with Danielle Strongarm, a student at the Saskatoon Trades and Skills Centre. The institution received $200,000 in government funding on Thursday afternoon. JACOB MORGAN/METRO

Lois Mitchell is co-organizer of the Saskatoon chapter of a national climate change protest. JACOB MORGAN/METRO

Activists join national climate-change campaign

The advocacy group and website Leadnow.ca is spearheading a day of action on climate change, and the call is resonating nationwide.

About 100 cities and communities throughout Canada are taking part on Nov. 16 in rallies under the banner "Defend Our Climate, Defend Our Communities."

In Saskatoon, protesters are meeting up at 11 a.m. behind the Sears at the Midtown Plaza mall and will march to demonstrate outside MP Kelly Block's office.

"We're hoping to really show — and especially show the federal government — that there is growing and united opposition across the country to its pipeline and dirty energy agenda," said Jamie Biggar, executive director of Leadnow.ca.

While Leadnow.ca is Vancouver-based, Biggar said that many northern towns have signed up because they experience first-hand the environmental damage caused by the oil industry.

"In a lot of those communities they're opposing pipeline developments that are planned to go through or near their communities," he said.

He added that so far this has been the organization's most successful initiative, with more than 4,000 in total expected to participate.

Lois Mitchell, who co-organized the local edition with Dianne Rhodes, said she felt compelled to start a Saskatoon chapter when she stumbled across the campaign on social media.

"I'm in total solidarity with the groups that are resisting," she said.

One of her major concerns is the government's policy on hydraulic fracturing, a controversial method of extracting natural gas from the Earth.

JACOB MORGAN/METRO

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Bored of Ford?

A new YouTube video is trying to spread the word that Toronto is "More than Ford."

- The one-minute, four-second video posted on the popular website is described as a "fan video" featuring "some of the things we love most about our city."
- It shows scenes from around the city along with sporting, fashion and entertainment events, street festivals and celebrities — but no images of Mayor Ford.

'Truly disturbing'

Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario. THE CANADIAN PRESS

Another day, another apology from Rob Ford

Warning: graphic content. Toronto mayor starts the day using foul language, then says sorry with his wife by his side

Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a news conference on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone said that about your husband or your wife," he shouted during a council session.

According to sections of court documents released Wednesday, an ex-staffer told police an intoxicated Ford made the comments at a restaurant on St. Patrick's Day last year.

The alleged incident was one of several in the document that reported questionable or bizarre behaviour by Ford: driving after guzzling vodka, sniffing cocaine, and apparently consorting with sex workers.

Ford called the allegations outright lies.

Just hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks blamed on months of mostly self-inflicted stress, culminating in the latest revelations he said pushed him over the line. "When you attack my integrity as a father and as a husband, I see red," he said.

THE CANADIAN PRESS

A lawyer's opinion

Ford's threats to sue likely toothless

Mayor Ford's threat to sue former staffers for telling police about activities they said included his consorting with suspected sex workers is unlikely to go anywhere, a libel lawyer said Thursday.

Well-established case law offers protection to people speaking to investigators — but it's not absolute, said Julian Porter.

"The employees would have had a qualified privilege in talking to the police provided they weren't malicious and inventing it," Porter said.

"Now if the employees tell it to everybody else, that's a different matter."

At city hall, Ford named three former staffers: Mark Towhey, Isaac Ransom and George Christopolous.

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Blind man, service dog removed from flight

A dispute involving a blind man, his guide dog and an airline crew led to the cancellation of a flight from Philadelphia to New York, leaving passengers to be sent by bus to their destination.

Albert Rizzi said the argument began Wednesday night when a crew member told him to put his service dog under the seat in front of him as they waited for the US Airways Express flight to leave for the airport in Ronkonkoma, N.Y.

He said that the flight attendant claimed the dog was creating an unsafe situation.

"She was very confrontational to the point where her tone was not appreciated," he said. "I was ripped off the airplane. I was very upset."

Rizzi said the dog had gotten restless and was curled up beneath his legs.

But flight attendants described the dog as agitated and expressed concern that Rizzi was not controlling it, airline spokeswoman Liz Landau said.

An airline rep said that crews are "very familiar with the protocol for service animals." STEPHEN CHERNIN/GETTY IMAGES

Rizzi became verbally abusive, and the crew decided to remove him, Landau said. That decision caused some of the other 33 travellers to become upset, she said, and the flight was cancelled.

Fellow passenger Frank Ohlhorst told reporters that Rizzi wasn't being disruptive.

"We were like, 'Why is this happening? He's not a problem. What is going on?'" said Ohlhorst.

Landau told The Associated Press that crews are very familiar with the protocol for service animals, and the airline is reviewing how the situation was handled.

Rizzi said he later learned there had been open seats on the plane. "She never tried to move me or anybody else," Rizzi said of the flight attendant. THE ASSOCIATED PRESS

Quoted

"We were like, 'Why is this happening? He's not a problem.'"

Frank Ohlhorst, fellow airline passenger

Florida

Yet another sinkhole

Residents of several Florida homes have been evacuated due to a possible sinkhole that opened in a backyard in Pinellas County on Thursday.

Deputy Fire Chief Trip Barrs said the hole appeared to be about four metres wide when officials arrived on the scene. A local paper reported that the ground is so unstable that two homes must be demolished.

THE ASSOCIATED PRESS

Pennsylvania

Better really late than never

It took 150 years, but a U.S. newspaper said Thursday it should have recognized the greatness of President Abraham Lincoln's Gettysburg Address.

The Patriot-News of Harrisburg retracted a critical editorial published in November 1863 that said the speech amounted to "silly remarks" that deserved a "veil of oblivion."

The paper now says it regrets the error of not seeing the speech's "momentous importance."

THE ASSOCIATED PRESS

Texas

Cops stop hops

Officers in West Texas captured a kangaroo hopping along a road and returned it to its owner.

Patrol car video shows some of the chase along a rural highway near Midland.

Midland County Sheriff Gary Painter that the county has an exotic animals ordinance and owners must notify the sheriff's office. They are checking to see if a pet kangaroo falls under that category.

THE ASSOCIATED PRESS

This photo shows canine bones buried in Greene County, Ill. The fossil specimen at this site is dated to 8,500 years ago. A new DNA study published by the journal Science suggests dogs arose from wolves in Europe some 19,000 to 32,000 years ago.
DEL BASTON/CENTER FOR AMERICAN ARCHAEOLOGY/THE ASSOCIATED PRESS

Dogs originated in Europe, new DNA study says

Archeology. Report shows that DNA of modern dogs is similar to European fossils

For years, scientists have been dogged by this evolution question: Just where did man's best friend first appear?

The earliest known doglike fossils come from Europe. But DNA studies have implicated east Asia and the Middle East. Now a large DNA study is lining up with the fossils, suggesting dogs originated in Europe some 19,000 to 32,000 years ago.

The latest attempt to figure out where dogs first evolved was published online Thursday by the journal Science.

The DNA of modern dogs showed similarities to the genetic material from ancient European specimens and modern-day European wolves, the researchers reported.

The first dogs evolved by associating with hunter-gatherers rather than farmers, since dogs evidently appeared before agriculture did, they said.

Robert Wayne of the University of California, Los Angeles, a study author, said the kind of wolf that gave rise to dogs is now extinct. THE ASSOCIATED PRESS

Man's best friend

The study supports the theory that dogs originated in Europe.

- Other studies have suggested that dogs evolved in Asia or the Middle East
- Experts praised the new work, but said it won't end the debate.

Animal sanctuaries proving deadly for humans

An officer guards the entrance of an exotic-animal park in California where a 26-year-old intern was killed by a lion in March. The growth in the trade of exotic animals has fueled an increase in wild cat-related incidents. AP PHOTO/GOSIA WOZNIACKA

Over the past few decades, as an exotic pet trade boomed and Americans bought cute tiger cubs and baby monkeys, sanctuaries sprang up across the nation to take care of the animals that were abandoned when they reached adult-size or were no longer wanted.

The growth in both the number of wild cats as pets and the sanctuaries that rescued them has led to attacks.

The latest death is head keeper Renee Radziwon-Chapman, 36, who was killed by a cougar at an Oregon sanctuary last week.

Experts say that because sanctuaries are largely unregulated and anyone can open one, there are no uniform safety protocols. And over-confidence or human error can lead to tragic consequences even among the most experienced of caretakers.

"It's a risky business when you're dealing with dangerous wild animals. You can't leave any room for error," said Vernon Weir, director of the Nevada-based American Sanctuary Association which certifies sanctuaries.

For decades, exotic animals have been imported into the U.S. and openly bred for the pet trade. Despite new laws that limit the trade in some states, people can easily buy an African rodent, a chimpanzee, or a baby leopard at a flea market or over the Internet.

Experts estimate the U.S. exotic pet trade is a multibillion-dollar industry.

THE ASSOCIATED PRESS

Risky business

Since 1990, more than 20 people have been killed by captive big wild cats at sanctuaries, zoos and private residences.

- More than 200 people have been mauled.
- More than 200 wild cats have escaped.

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Boston. Notorious crime boss sentenced to life

Former Boston crime boss James "Whitey" Bulger was sentenced Thursday to life in prison for his murderous reign in the 1970s and '80s.

Bulger, the inspiration for Jack Nicholson's sinister character in the 2006 movie The Departed, was convicted in August in a broad racketeering indictment that included murder, extortion, money-laundering and weapons charges.

Bulger was seen for years as a Robin Hood figure who bought Thanksgiving turkeys for working-class South Boston residents and kept hard drugs out of the neighbourhood. But that image was shattered when authorities started digging up bodies more than a decade ago.

Prosecutors portrayed him as a cold-blooded, hands-on boss who killed anyone he saw as a threat, along with innocent people who happened to get in the way.

Corrupt Boston FBI agents protected Bulger for years while he worked simultaneously as a crime boss and an FBI informant who ratted out the rival New England Mafia and other crime groups.

THE ASSOCIATED PRESS

Online surveillance

Google rejecting government requests for data

Google released a report Thursday showing that the company received 25,879 legal requests for people's data from governments during the first half of this year. That represented a 21 per cent increase from the last half of last year.

U.S. authorities accounted for 10,918 of the requests, more than anywhere else.

The report says Google is rejecting a higher percentage of the requests.

THE ASSOCIATED PRESS

Karlheinz Schreiber convicted of tax evasion

Karlheinz Schreiber waits for the start of his trial Thursday. DPA/THE ASSOCIATED PRESS

Guilty. Former arms-industry lobbyist was linked in corruption scandals with Brian Mulroney and former German chancellor Helmut Kohl

Karlheinz Schreiber has been convicted of tax evasion and sentenced to six and a half years in a German prison.

The DPA news agency reported on Thursday that Schreiber was found guilty in a German court in the southern state of Augsburg.

Prosecutors say Schreiber didn't declare money he received as kickbacks for the sale of helicopters to Canada's coast guard, tanks to Saudi Arabia and other arms deals.

Schreiber is already a controversial figure in Canada, where he made secret cash payments of at least $225,000 to former prime minister Brian Mulroney during their business dealings. Mulroney later testified he had made an error in judgement by accepting the money.

Allegations the 79-year-old also gave a cash donation to the former treasurer of German chancellor Helmut Kohl's party triggered a scandal that deepened with Kohl's 1999 admission he accepted off-the-book donations himself.

THE ASSOCIATED PRESS

Lengthy affair

A Canadian-German dual-national, Schreiber was arrested in Canada and extradited to Germany in 1999

- He was convicted in 2010, but appealed and won a retrial.

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SHOPPERS DRUG MART

Scores buried in mass grave in typhoon-struck Philippine city

Death toll. Authorities say 2,357 people confirmed dead, a figure expected to rise, perhaps significantly

Firemen carry the body of a Typhoon Haiyan victim to a mass grave in Tacloban city, in central Philippines, on Thursday. Typhoon Haiyan, one of the most powerful storms on record, destroyed tens of thousands of buildings and displaced at least a half-million people. VINCENT YU/THE ASSOCIATED PRESS

The air was thick with the stench of decay as sweating workers lowered the plastic coffins one by one into a grave the size of an Olympic swimming pool.

Scores of unidentified bodies were interred together Thursday in a hillside cemetery without any ritual — the first mass burial in Tacloban, a city shattered by last week's Typhoon Haiyan.

Six days after the disaster, some progress was being made in providing food, water and medical aid to the half-million people displaced in the Philippines. Massive bottlenecks blocking the distribution of international assistance have begun to clear.

Soldiers on trucks gave out rice and water, and chainsaw-wielding teams cut debris from blocked roads to clear the way for relief trucks in Tacloban, the capital of the hardest-hit Leyte province.

Thousands of people continued to swarm Tacloban's damaged airport, desperate to leave or to get treatment at a makeshift medical centre.

The massive flow of international aid was bolstered by Thursday's arrival of the USS George Washington in the Philippine Sea near the Gulf of Leyte. The aircraft carrier will set up a position off the coast of Samar Island to assess the damage and provide medical and water supplies, the 7th Fleet said in a statement.

The carrier and its strike group together bring 21 helicopters to the area, which can help reach the most inaccessible parts of the disaster zone.

The United Kingdom also is sending an aircraft carrier, the HMS Illustrious, with seven helicopters and facilities to produce fresh water, Britain's Ministry of Defence said. The ship is expected to reach the area around Nov. 25.

The U.S. already has a half-dozen other ships — including a destroyer and two huge supply vessels — in the area, along with two P-3 aircraft that are being used to survey the damage so that planners can assess where aid is most needed, the 7th Fleet said.

THE ASSOCIATED PRESS

Grim work

Burying the dead

With sweat rolling down their faces, John Cajipe, 31, and three teenage boys who work at the Tacloban cemetery placed the first body in the grave's right-hand corner.

The second body followed two minutes later, carefully placed alongside the first. And so on, until scores of coffins filled the two-meter deep grave. A ritual to sprinkle holy water on the site is expected to be held Friday, one week after the typhoon struck.

A portion of the femur was removed from each corpse. Technicians will extract DNA from each bit of bone to identify the dead. THE ASSOCIATED PRESS

Travel

Canada lifts visas for Czechs

Canada has lifted a visa requirement for travellers from the Czech Republic, bringing them in line with most other European countries. But visas still apply to visitors from Romania and Bulgaria.

Canada imposed the visa to block what it called bogus refugee claims by large numbers of ethnic Roma applicants. THE CANADIAN PRESS

Budapest ban

Public places not home to homeless

Budapest's city council has banned the homeless from living in many public areas of the city, including playgrounds, train stations, cemeteries, and the Hungarian capital's largest park.

The ordinance passed Thursday allows the fining of homeless people living in the restricted areas. THE ASSOCIATED PRESS

Not-in-my-backyard protest

A man helps a woman put on a gas mask during a protest in front of the Albanian Embassy in Skopje, Macedonia, on Thursday. The rally by an ethnic Albanian rights group was in support of about 5,000 protesters in neighbouring Albania demonstrating against a reported plan for Syrian chemical weapons to be destroyed in their country. The protesters questioned whether that can done safely and whether it would undermine their tourism. BORIS GRDANOSKI/THE ASSOCIATED PRESS

Iraqi Shiites marking religious ritual attacked, 41 killed

A suicide attacker and twin bomb blasts on Thursday targeted Shiites marking a sombre religious ritual in Iraq, killing at least 41 people and wounding more than 100, officials said.

The ritual, known as Ashoura, has been marred previously by massive attacks by al-Qaida and other Sunni extremists who see Shiites as heretics.

The deadliest of Thursday's attacks was in the town of al-Saadiyah, 140 kilometres northeast of Baghdad, where a suicide bomber struck a group of Shiites who were recreating the seventh-century battle of Karbala, a city in present-day Iraq. Ashoura commemorates the death of Prophet Muhammad's grandson, Imam Hussein, in that battle. The explosion killed at least 32 people and wounded 75, two police officers said.

Iranian Shiites cover themselves with mud during Ashoura at Bijar, west of the capital Tehran, Thursday. EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Earlier Thursday, two bombs exploded simultaneously near tents set up to offer food and drinks to Shiites pilgrims passing through Hafriyah, a town about 50 kilometres south of the Iraqi capital, another police officer said.

THE ASSOCIATED PRESS

Insurgent attacks

Iraq has been hit by a surge in violence since April, when security forces cracked down on a Sunni protest camp. The pace of the killings has soared to levels not seen since 2008.

Trek ahead. Prince Harry to race across Antarctica for wounded troops

Britain's Prince Harry has praised the courage of wounded servicemen and women who are gearing up for a race across Antarctica to the South Pole.

Harry will join a team of four injured British soldiers in the 320-kilometre Walking With the Wounded charity trek.

Three days ahead of the team's departure from Britain, Harry appeared in London's Trafalgar Square on Thursday with members of the three teams — from Britain, the U.S. and the Commonwealth — and spoke of the courage on display going into the challenge.

He said the men and women alongside him "have achieved so much just to get here."

The 29-year-old prince said the trek will prove that even after suffering traumatic events like losing limbs, "you can achieve pretty much anything."

THE ASSOCIATED PRESS

Prince Harry speaks during a press conference as he departs for his trek to raise funds for his charity Walking With The Wounded at Trafalgar Square on November 14, 2013 in London, England. BEN A. PRUCHNIE/GETTY IMAGES

Long-term commitment

Space Agency working on 10-year plan

The new head of the Canadian Space Agency says he's working with other government partners on a 10-year, long-term space plan.

Walt Natynczyk, who took over in August, made the comment at the annual summit of the Canadian Space Society.

It was one year ago this month that former cabinet minister David Emerson criticized the Canadian space program, saying that it's been floundering.

Emerson also presented a report then that said the CSA's core funding be stabilized over a 10-year period.

Natynczyk replaced Steve MacLean, who quit the CSA earlier this year.

THE ASSOCIATED PRESS

First female Hamas speaker embraces role

A new face forward. Isra Almodallal is a student reporter and avid social media user who projects a very different image to the one Hamas usually shows the West

KIERON MONKS
Metro World News

Isra Almodallal is the first female spokesperson appointed by Hamas. FACEBOOK

Isra Almodallal is a little annoyed by all the attention she has received since being appointed Hamas' first female spokesperson.

"I am surprised. The idea that the government is against women is absolutely wrong," Almodallal, 23, told Metro by telephone from Gaza, in the perfect English she learned over three years of education in the UK. "The government is part of society and it is fighting for all of our rights."

A student reporter and prolific social media user, the new spokesperson projects a dramatically different face to the one Hamas usually shows the West, often invoking hellfire against its enemies. But Almodallal is confident she will not have to change.

"I'm not going to defend things I don't believe in, but I have responsibility to deliver our message on specific issues like prisoners and access to Jerusalem. Maybe I will cover feminist activism in Gaza. The job is to make people understand the situation here."

Almodallal says she does not mind the male-dominated environment, and the number of women is growing in her department. Local sources believe this is part of a modernizing initiative from Interior Ministry spokesman Ihab Ghussein, a charismatic, US-educated figure who has sought to make Hamas more palatable to foreign observers. "He refers to Israel, not the 'Zionist entity'," a local reporter told Metro.

The government's reputation had suffered from banning women from smoking shisha pipes to imposing restrictive dress codes. Against this, women make up around 20 per cent of government employees and around half of university graduates.

"They are trying to reach a new audience and it's good, but this is an issue for foreign people more than us," says Gazan journalist Yasmeen El-Khoudary, saying that "men and women are both doomed while we are under siege." A recent Amnesty International report confirms "mass unemployment, extreme poverty" in the region and that "four in five Gazans [are] dependent on humanitarian aid."

Naila Ayesh, former director of Gaza-based Women's Affairs Center, agrees that the conflict is key, but expects the government to do more. "We can't separate the siege from the rights of women, we suffer more from having four hours of electricity a day," she told Metro. "But they believe in a man's society and use our religion against us."

Against such a volatile backdrop it promises to be a difficult job for Almodallal. "It's a great challenge and I will work all the time," she says happily.

Gunmen in Cameroon kidnap French priest

A French priest was kidnapped from his northern Cameroon parish home by heavily armed men in a region where the radical Islamic sect Boko Haram operates, eyewitnesses and French officials said Thursday.

The gunmen fired into the air as they fled on motorbikes with their captive, one witness said.

Georges Vandenbeusch was kidnapped in the region of Koza, in the extreme north of the country, some 30 kilometres from the border with Nigeria. The zone has been flagged as a risk for terrorism and kidnapping, but the priest chose to stay on to "exercise his mission," the French Foreign Ministry said.

The ministry said it was trying to verify the identity of the gunmen and circumstances of the kidnapping, which eye witnesses said happened late Wednesday. There was no immediate claim of responsibility, but the deputy prefect of the region, Ouhe Kolande, said Boko Haram was suspected.

The group has waged a campaign of bombings and shootings across Nigeria's north. They are held responsible for more than 790 deaths last year, and many dozens more this year. THE ASSOCIATED PRESS

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SHINE THE LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

Each week in Canada, at least one woman is killed by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine The Light, a campaign to end woman abuse. Started in London, Ont., four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe.

MIKE DONACHIE
Metro in London, Ont.

Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a $700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get parolled," she said.

She calls Shine The Light "a very significant initiative" in that it shows society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."

Jocelyn Bishop, London, Ont.

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London, Ont., home.

The killer was her common-law partner, Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate.

"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."

Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building-services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile.

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

"It's not fully recognized, how dangerous it is in our country and in our world," she said.

To get help

- **Women in trouble need to know where to turn. Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource**
- **Although Ontario-based, the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area**
- **It can be reached at 416-863-0511. Resources are also available at awhl.org**

Worldwide child-porn sweep started in Toronto

Project Spade. 50 Ontarians, 58 other Canadians among 348 arrested worldwide in a massive child-porn investigation: Cops

Insp. Joanna Beaven-Desjardins of Toronto Police reports on the major child-porn investigation. TORSTAR NEWS SERVICE

At least 386 children have been rescued from sexual exploitation and hundreds of suspects arrested in a sweeping child pornography investigation that began with a Toronto man, police revealed Thursday.

"It's a first for the magnitude of the victims saved," said Insp. Joanna Beaven-Desjardins, of the force's Sex Crimes Unit. "The amount of arrests internationally, also a first."

At least 348 people were arrested around the world as part of Project Spade, including 50 in Ontario and 58 from other parts of Canada.

School teachers, doctors, nurses, pastors and foster parents are among those facing charges in the wide-ranging operation that can be traced back to a business operating out of Toronto's west end, police said. The investigation was sparked in October 2010 when officers made contact with a Toronto man on the Internet who was allegedly sharing child pornography.

Police allege Brian Way, 42, had been running an "exploitation movie, production and distribution company." THE CANADIAN PRESS

Laval. 10 young teens arrested on child-porn charges; seven victims

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

Laval police spokeswoman Const. Nathalie Lorrain said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smartphones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. THE CANADIAN PRESS

Suggestive emails

Two Secret Service agents investigated

More than 18 months after a prostitution scandal in South America rocked the Secret Service, the agency in charge of protecting the U.S. president is investigating another case of suspected sexual misconduct in its ranks.

This time, two supervisory agents assigned to President Barack Obama's protective detail have been investigated for misconduct involving sexually suggestive emails sent to a female subordinate. The alleged misconduct does not appear to involve a breach of Obama's security.

According to The Washington Post, supervisor Ignacio Zamora Jr. was reassigned. Timothy Barraclough, also a supervisor, remains with the presidential protection division.

The agency started investigating Zamora this spring after a hotel in Washington notified the Secret Service that a bullet from Zamora's gun was found in a room. THE ASSOCIATED PRESS

Mystery. Man thought to be a Harvard-trained lawyer convicted in massive charity fraud

A mysterious defendant in a $100-million, cross-country Navy veterans charity-fraud case was convicted Thursday of racketeering, theft, money laundering and other charges.

The jury, which deliberated for about three hours Wednesday, heard nothing from the ex-fugitive, who changed his mind and decided against testifying. His attorney said he wanted to tell his story but worried about his mental state if he faced aggressive cross-examination by prosecutors.

The defendant identifies himself as 67-year-old Bobby Thompson, but authorities say he's a Harvard-trained attorney named John Donald Cody. He was indicted in 2010, disappeared for nearly two years and was arrested last year in Portland, Ore.

He was charged with looting the United States Navy Veterans Association, a charity he ran in Tampa, Florida. As his five-week trial wound down before closing arguments Tuesday, he had appeared dishevelled in court, so much so that the judge suggested a break to allow him to get a clean shirt and comb his hair.

Bobby Thompson, who authorities say is attorney John Donald Cody, in court Thursday.
TONY DEJAK/THE ASSOCIATED PRESS

Authorities believe he defrauded donors of up to $100 million in 41 states. A fraction of that money was found.

When he was arrested, authorities found fake IDs and a suitcase with $980,000 in cash. THE ASSOCIATED PRESS

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Bosnia

High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails. "It's as if you bought nine Ferraris and … no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS

Random biz fact of the day

33%

33 per cent of employers said they don't follow up with candidates they interviewed with to let them know they didn't get the job.

CAREERLEAF/NEXCAREER

Market Minute

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Dow Jones: 15,876.22 (+54.59)

Telecom spectrum. Ottawa tells companies to use it or lose it

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians.

"Those that have not used the spectrum will lose it," Moore said in a statement.

Moore said the licences issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

Telecom analyst Iain Grant said Bell is the largest single holder of this spectrum with 234 licences, followed by Telus and Rogers and a number of other providers.

THE CANADIAN PRESS

Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow."

Iain Grant, telecom analyst

Neigh-sayers protest tax

Protesters and their horses hold a board reading "No to the 20% VAT" during a demonstration in Paris, Thursday. Beginning next January, France plans to lift the value-added tax on riding schools to 20 per cent from 7 per cent to bring France in line with EU regulations.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Doctors recommend e-cigarettes: Summit

Critiques up in smoke.

Only 'theoretical' health risks identified; devices set to overtake tobacco

KIERON MONKS
Metro World News

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around seven million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes," said leading researcher Dr. Konstantinos Farsalinos of the University Hospital Gasthuisberg, Belgium. The risks were less than one 1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent.... In my research, up to 80 per cent of participants using e-cigarettes have quit." The Lancet found them more effective than Nicorette gum and patches.

The WHO estimates one billion people will die from cigarette use in the next century, and previous opponents of e-cigarettes are becoming more supportive. "It's always better to quit nicotine use completely," said Deborah Arnott, CEO of U.K. charity Action on Smoking and Health. "But it's the smoke that kills you — not the nicotine — so for smokers who are heavily addicted, switching to safer sources of nicotine could literally be a lifesaver."

Regulation

Debate rages over regulation, but e-cigarette advocates won a major battle as the European Parliament has abandoned plans to impose medical regulation that would restrict sales to pharmacies.

- "Regulation puts the businesses under threat, which could mean users are forced to smoke regular cigarettes again," says Nigel Hislop of advocacy group Saveecigs.com.
- Arnott expects regulation to cover advertising to ensure the devices do not become a "gateway to smoking" for children.

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Day 10

metronews.ca/temp

Arrested development

With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. **THE ASSOCIATED PRESS**

Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says. **THE ASSOCIATED PRESS**

Temp Enjoys Cocktails With The Danimal

It was after 5:00 and I was getting ready to call a cab when a flower delivery arrived — a jumbo tropical parade float that put my mind immediately to rum drinks. The Danimal passed through as I was opening the envelope. "Who's that for?" he asked.

I opened it and we both read it at once: "To most beautiful temp for glorious mcfunburry dinner. return from china very soonly." I wasn't sure how to play this.

"Shannon, is there something I should know?"

"Huh?" God, not the mating panda thing again. "No!"

"That's not what I meant."

"What did you mean?"

"I saw you and Xu Junior yacking it up in the parking lot. Don't think I believe the fortune cookie English thing for a minute."

"Oh."

"Yes, oh."

I tried casually to put on my jacket. Danimal said, "Come for drinks with me. It's not a pick-up. Yes, my wife's in Florida getting her lips done, but you know that. I just don't want to go home yet, not after today."

"Where's Andy Kimura?"

"We hate each other. I don't care where he is. It's one of the reasons we're selling."

A motherlode of potential office gossip was too big to ignore. "OK, but I don't go with married guys. Period."

"It's not about that. Let's go to that bar beside McFunbury's.

"The Executive Privilege Short-Term Corporate Lodging Good Time Experience?"

"That's the place. 'The Priv.' We have a deal with them."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch. He got philosophical about cars, the way guys do. "Kevin's Shelby depressed the crap out of me. I looked at it and all I thought of was how it's too late to fix whatever bit of the economy is left after having shipped it all off to China. Think of Michigan: ten million primates needing 2,500 calories a day sitting on a cold rock in the middle of the North American continent, with nothing to do all day. A recipe for disaster. Bartender!"

More drinks. More philosophy. "Shannon, Detroit is our existential boogieman. Detroit forces us to ponder the meaning of being alive: we wake up, we do something, we go to sleep, we repeat it about 22,000 more times, and then we die."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch.

I looked across the bar: Sarah and Kyle were coming in and they'd obviously just been ... frisky with each other.

Danimal was being maudlin: "I don't care if you're spying on TWK for the Chinese. I just want the old system back."

Dan and Sarah locked eyes. So did Kyle and I.

"Sarah?" said Danimal ... "This place is our place. You brought someone else here?"

"What about you, Romeo?"

Kyle looked at me... "Shannon?"

"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?"

Caramba, what a mess.

TO BE CONTINUED...

Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM

Random biz fact of the day

80%

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FORD OVERSHADOWS, WELL, EVERYTHING

THE METRO LIST

Paul Sullivan
metronews.ca

1 Had enough of me yet? The slow-moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug /alcohol/escorts/assaults/ murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and the Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: It's time to either step aside … or fall over.

2 And then there's this typhoon. Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

3 Meanwhile, back at the palace. Happy birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the role you're born for. Too bad Shakespeare's not around anymore — he'd have a field day with this one.

4 He may not know art… but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid $105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record $142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

5 Freedom Towers over Manhattan. New York is once again officially the home of North America's tallest building, the 1,776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Chilly conditions for activists

MICHAEL SOHN/THE ASSOCIATED PRESS

Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist.

The 30 people were arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzycki of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"…It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas…" @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Among some of the better games released to the App Store last month are an addictive noir mystery, classic pinball based on a classic franchise and an absolute gem of an RPG parody.

CONTRIBUTED

Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/$3.99)

Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables. Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/$1.99)

Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess … of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/$2.99)

Twitter

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit_: 30 burpees!

@aaronenetic: pull ups on the handle bars

@Cazzy: Will twerk for duration of ride

@keepitbrutal: Piggy backing a stranger through the turnstile.

@thesmiliest: Can't we just smile at them? Squats make my legs hurt.

@CALanuza: Pick up the leftover Newspaper and some lil garbage… #yyc

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metro

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Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of Naked Lunch, The Fly or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look in to the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

An ode to Cronenberg

Look back. Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Richard: I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is Spider, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue free performance but it is Miranda Richardson as several characters — all the women in Spider's life — who really steals the show. It's a spooky and cerebral thriller.

Mark: Spider was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When Videodrome came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with Existenz. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is Dead Ringers — a creepy Hitchcockian thriller that has Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

RC: I also have a soft spot for The Brood. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Maltin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggar as a fetus-licking mother and murderous psychoplasmic offspring, it is the very stuff that nightmares are made of. It's lesser seen than The Fly or Dead Zone and way more down-and-dirty, but for sheer scares it's hard to beat.

MB: I like the brood but I prefer the Dead Zone even though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into Naked Lunch. A book I should have loved but could never get through — until I saw the film.

RC: He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

MB: He did the same thing with Cosmopolis, although I must say I didn't need to see Rabid to appreciate Marilyn Chambers.

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Comedy

Thanks for Sharing

Director. Stuart Blumberg

Stars. Mark Ruffalo, Gwyneth Paltrow

Making a playful comedy about sex addiction may not be a cinematic cakewalk, but with Thanks for Sharing, filmmaker Stuart Blumberg plays the multi-character dramedy a touch too light. Starring Mark Ruffalo, Gwyneth Paltrow and pop singer Pink (looking at home on the screen), the predictable premise revolves around addicts focused on forging ahead with new romances. While the story prematurely fizzles out of familiarity, the instinctive talents of the performances are sweepingly seductive. **STEVE GOW**

Pratt ponders pain of parenting

Delivery Man. Actor takes on role of stay-at-home dad in latest film and feels for the moms

NED EHRBAR
Metro World News in Hollywood

Chris Pratt has become something of an incredible growing-and-shrinking machine lately, getting super-buff for Zero Dark Thirty and then getting impressively out-of-shape and flabby for his latest, Delivery Man, in which he co-stars as Vince Vaughn's pessimistic friend and hapless attorney. And after that, he got into superhero shape for next year's Marvel spectacle Guardians of the Galaxy. It all sounds very painful, but Pratt is OK with you laughing at his pain.

Chris Pratt, left, and Vince Vaughn star in Delivery Man, which opens next Friday. CONTRIBUTED

In my opinion, you had all the best lines in the movie.
Oh, thanks. That's nice. It's kind of written that way.
The character's really funny. Vince's character comes from such a hopeful place, but I think maybe the best comedy comes from a place of hopelessness, and that's where my character is at. He's just a despondent, sad, miserable type of guy, and that's where you mine the best comedy. I think to me, that's the ultimate accomplishment in acting, to be in a place of such utter pain but people find it hilarious. But hopefully not all of my pain is funny. Like the only pain that's funny is the pain that doesn't really hurt. If a brick falls on someone's head and then their brains fall out and they die, you're not going to laugh.

Unless you're a sociopath.
Right, unless you're sick. Unless you threw the brick and you're insane (laughs). But if a brick falls and hits someone in the head, and they just keep walking and pretend like it didn't happen, that is hilarious. It's irony, you know? Because it's what you don't expect. It's pain minus trauma, and I think that you get the sense that this character is going to be all right, and that's why you're willing to laugh at his pain.

It looked like all four of his kids were around the same age.
Yeah, we were busy. There was a whole back-story I had to come up with, where maybe (he and his wife) met in law school or something, she got a really great job that brought us out and we bought an apartment in Brooklyn, had one kid, she said, "If you stay home with this kid, I can continue to work and become partner." I was like, "Great, do it. I'm a progressive man, I can handle being a stay-at-home dad." And then next thing you know, four years later we have four kids, the passion's gone, I've gained weight and she's sleeping with one of her partners and she's the major breadwinner. It's the classic story, but the genders are reversed. It's like what so many men since the '50s have been doing to these poor mothers.

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV.15 TO THURS., NOV. 21 TIMES ARE SUBJECT TO CHANGE.

Broadway Theatre
715 Broadway Ave.

Lone Star (STC) Wed 7
Medico Mania (STC) Fri-Sat 7
Salinger (PG) Sun 7 Mon 9 Tue Thu 9
Special Ed (STC) Sun 9:30 Mon 7 Thu 7

Cineplex Odeon Centre
3510 8th St. East

The Amazing Spider-Man (PG) Sat 9:45
Captain Phillips (PG) Fri 6:50-9:45 Sat-Sun 12:50-3:50-6:50-9:45 Mon-Thu 5:20-8:15 Star & Strollers Screening Wed 1
Carrie (14A) Fri 7:10-9:35 Sat-Sun 2:10-4:40-7:10-9:35 Mon-Tue 5:45-8:05 Wed 1:35-5:45-8:05 Thu 5:45-8:05
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 1:20 Wed 1:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7 Sat-Sun 3:45-7 Mon-Thu 5:30
The Counselor (14A) Fri 7:30-10:20 Sat-Sun 1:50-4:45-7:30-10:20 Mon-Tue 5:25-8:10 Wed 1:15-5:25-8:10 Thu 5:25
Gravity 3D (PG) Fri 7:40-9:55 Sat-Sun 1-3:15-5:30-7:40-9:55 Mon-Tue 6-8:35 Wed 1:20-6-8:35 Thu 6-8:35
Hotel Transylvania 3D (G) Sat 10
The Hunger Games: Catching Fire (PG) No Passes Thu 8
Men in Black 3 (PG) Sat 9
The Pirates! Band of Misfits (G) Sat 9:15
Prisoners (14A) Fri-Sun 9:30 Mon-Thu 7:55
The Smurfs (G) Sat 9:30
Thor: The Dark World 3D (PG) No Passes Fri 7:20-10:10 No Passes Sat-Sun 1:40-4:30-7:20-10:10 No Passes Mon-Tue 5:40-8:25 No Passes Wed 1:25-5:40-8:25 No Passes Thu 5:40-8:25
We're the Millers (14A) Fri 7:35-10:15 Sat-Sun 1:30-4:15-7:35-10:15 Mon-Thu 5:55-8:30 Star & Strollers Screening Wed 1

Galaxy Cinemas Saskatoon
347 2nd Ave. South

12 Years a Slave (14A) Fri 3:55-7-10 Sat-Sun 12:45-3:55-7-10 Mon-Thu 6:50-10
About Time (PG) Fri 4:35-7:30-10:20 Sat-Sun 1:45-4:35-7:30-10:20 Mon-Thu 7:25-10:15
Captain Phillips (PG) Fri 4:10-7:05-10:15 Sat-Sun 12:50-4:10-7:05-10:15 Mon 10:10 Tue 7:05-10:10 Wed 10:10
Ender's Game (PG) Fri 5-7:45-9:50-10:30 Sat 2:15-5-7:45-9:50-10:30 Sun 1:30-5-7:45-9:50-10:30 Mon-Wed 7:45-9:55-10:30 Thu 7:45-10:30
Escape Plan (14A) Fri 4:20-7:15 Sat 1:30-4:20-7:15 Sun 4:20-7:15 Mon-Wed 7:15
An Evening With Crystal Pite (PG) Sun 12:55
Free Birds (G) Sat-Sun 12:30
Free Birds 3D (G) Fri 5:20-7:40-9:55 Sat-Sun 2:45-5:20-7:40-9:55 Mon-Tue 7:30-9:45 Wed 7:30
Gravity 3D (PG) Fri 5:50-8:05-10:25 Sat-Sun 1:05-3:25-5:50-8:05-10:25 Mon-Thu 8:05-10:25
The Hunger Games: Catching Fire (PG) No Passes Thu 8:30-9 No Passes Thu 8
Jackass Presents: Bad Grandpa (14A) Fri 6-8:20-10:40 Sat-Sun 1:15-3:35-6-8:20-10:40 Mon-Thu 8:10-10:20
Last Vegas (PG) Fri 5:30-8:10-10:45 Sat-Sun 12:25-3-5:30-8:10-10:45 Mon-Thu 7:50-10:20
Rush Clockwork Angels Tour (G) Mon 7:30
Thor: The Dark World (PG) No Passes Fri 6:40-9:30 No Passes Sat-Sun 1-3:50-6:40-9:30 No Passes Mon-Thu 7-9:50
Thor: The Dark World 3D (PG) No Passes Fri 4:30-7:20-10:10 No Passes Sat-Sun 1:40-4:30-7:20-10:10 No Passes Mon-Wed 8:30 No Passes Thu 7:45-8:20-10:30 No Passes Fri 5:10-8-10:50 No Passes Sat-Sun 2:20-5:10-8-10:50 No Passes Mon-Wed 7:40-10:30

Roxy Theatre
320 20th St West

Bhaji in Problem (STC) Sat 7 Sun 3:30-7
Enough Said (PG) Fri 9:30 Sat-Sun 3:30-9:30 Mon-Thu 9:30
The Impossible (14A) Sat 3:30
Short Term 12 (14A) Fri 7:10-9:20 Sat-Sun 1-7:10 Mon-Thu 7:10-9:20
Thanks for Sharing (18A) Fri 7 Sat-Sun 1:10-9:35 Mon-Thu 7

Rainbow Cinemas Saskatoon
The Centre at Circle & 8th

Despicable Me 2 (G) Fri-Thu 1:40-4:10-7-9:25
Elysium (14A) Fri-Thu 4:55-10
Grown Ups 2 (PG) Fri-Thu 1:50-4:40-7:30-9:50
The Heat (14A) Fri-Thu 2:15-7:25-9:40
Insidious: Chapter 2 (14A) Fri-Thu 4:20-9:35
Lee Daniels' The Butler (PG) Fri-Thu 1:10-4:05-6:55-9:45
Planes (G) Fri-Thu 2-4:30-7:20
Runner Runner (14A) Fri-Thu 1-4-7:10-9:30
Rush (14A) Fri-Thu 1:20-6:50

Film's family theme rings true for Cobie Smulders

Touched by tale. Actress says Delivery Man's story of a man with 533 children has universal appeal

RICHARD CROUSE
scene@metronews.ca

Cobie Smulders stars in Delivery Man. THE CANADIAN PRESS

In a recent tweet-a-thon to promote Delivery Man, Cobie Smulders teased that people should go see the film because Chris Pratt gets naked.

"He doesn't get naked," she says a week later, admitting to the fib.

"That was very overwhelming. I had never done that before. There were 9,000 tweets and I didn't know what to do."

The Canadian-born How I Met Your Mother actress stars opposite Vince Vaughn in a remake of Starbuck, a popular French-Canadian film about a man who finds personal redemption when he learns he is the father of 533 children.

"I went into watching Starbuck and then reading this script, like, '533 kids … from a sperm donor! What's this going to be?'

"It's still super funny, but I found myself affected by the way he connected with the children. Going out and doing a good deed and having it affect somebody in a positive way. I've always believed when you do good, you get good in return."

The sweet, uplifting message of Delivery Man struck a chord with Smulders, who says she "related to it on a parental level. I'm a mom myself and I think it touched upon so many themes of family."

Starbuck strikes a chord

The story of a sperm donor with 533 children resonates with audiences. The original film was 2011's most successful homegrown film in Quebec. Smulders thinks the appeal has to do with its universality. "It's a blown up version of something that happens in real life," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Your honour, I never cuddled with that woman!

PAT HEALY
Metro World News

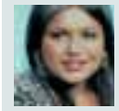
Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail.

The trial was dramatic, even by New York City standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.

Twitter

@TomArnold
What are the ethics on this?: You tweet something incredibly inappropriate but you delete it a couple hours later. It never happened, right?



@mindykaling
I love cornbread so much I wish that my nickname was Cornbread

@joeldavidmoore
Why do I feel like I have 10 lbs of coke in the trunk and just ran over a nursery every time a cop is behind me.

Mark Wahlberg. ALL PHOTOS GETTY IMAGES

Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, Lone Survivor, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training?' I don't give a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."

Lily Allen responds to video backlash

Lily Allen

Lily Allen's return to music after a four-year hiatus is off to a bumpy start, with critics crowing that her new video, Hard Out There, is racist. So Allen has taken to Twitter to defend herself. "If anyone thinks for a second that I requested specific ethnicities for the video, they're wrong," she writes. "The video is meant to be a lighthearted satirical video that deals with objectification of women within modern pop culture. It has nothing to do with race at all."

McConaughey might be in the market for a few new shirts

Matthew McConaughey's career transformation over the past two years might have something to do with realizing his public image had gotten a bit … fluffy. "I get it," McConaughey tells GQ magazine. "Outdoors, shirtless on the beach, does a lot of rom-coms, girlfriends love him, good-looking. It's like he rolls out of bed and shows up and makes it look easy." But while he's gotten more serious in the roles he chooses, some things never change. "Of course I still play the congas naked," he says. "I just close the windows."

Matthew McConaughey

Liquid Assets

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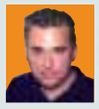


LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

To sip, or not to sip: that is the question when it comes to brown spirits.

Whisky aficionados will tell you the only way to properly appreciate their chosen tipple is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented.

Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals right out of the bottle. It's the smaller batch, pot-still output that tastes best as a singular liquid entity.

Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper, especially served over ice.

El Dorado 12 Year Old Demerara Rum ($33.95 to $37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation. Hide it under mix if you must, but I don't know why you'd want to.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

One-pot chili — but hold the tomato base

Recipe. Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it with whatever condiments you like.

This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

Nutritional analysis

Per serving:

- Calories: 255
- Carbohydrates: 26.5 g
- Fibre: 6.4 g
- Protein: 25.4 g
- Total fat: 5.8 g
- Saturated fat: 1.7 g
- Cholesterol: 35 mg
- Sodium: 400 mg

Source: The Best of Rose Reisman (Whitecap Books) By: Rose Reisman

Ingredients

Prep time: 15 minutes
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 ½ cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno peppers (add a few seeds for extra heat)
- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

Garnish: chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

Turkey's take on the club sandwich

Club sandwich flavours of turkey, bacon, tomato and mayo are always popular.

Stuff them in our whole wheat tortilla for a source of fibre.

Ingredients

Prep time: 15 minutes

- 1/3 cup (75 ml) PC 0% MF Greek Yogurt
- 1/3 cup (75 ml) mayonnaise
- 4 PC Blue Menu 100% Whole Grain Whole Wheat Tortillas
- 1 pkg (400 g) PC Turkey Breast Strips
- 4 strips cooked bacon
- 1 vine-ripened tomato, halved and thinly sliced
- 1 small avocado, halved, pitted and sliced
- 1-1/2 cups (375 ml) packed mixed salad greens

Per 2 piece serving: 410 calories, fat: 23 g, sodium: 740 mg, carbohydrate: 26 g, fibre: 4 g, protein: 25 g

1. In small bowl, stir together yogurt and mayonnaise. Place tortillas on work surface; spread yogurt mixture evenly over lower half of each tortilla.

Top with turkey breast strips, bacon, tomato, avocado and mixed greens.

Roll up tightly. Holding wraps seam side down, cut into thirds; secure each section with a toothpick.

PRESIDENT'S CHOICE

Fresh Turkey Club Wrap

This recipe serves six. PRESIDENT'S CHOICE

Tech the halls

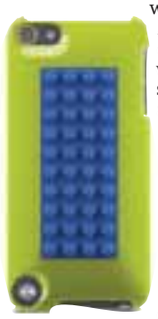
Toys that will tickle the toddlers on your list

MIKE YAWNEY
For Metro

Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

Furby Boom — $59.97
This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

Sphero 2.0 — $129.99
A robotic ball you control with your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device,



making sure the fun never ends. Add the "nubby" skin to give it even more grip.

Hasbro Zapped Games — various prices
Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.

Nintendo 2DS — $129.99
The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new form factor doesn't fold like the original, but it's still great for gaming on the go. Compatible with all existing 3DS titles.

Philips Friends of Hue Lightstrips — $89.95
Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).

Belkin Lego Builder Case for iPod — $29.99
A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their own case. Available in a variety of colours.

Nerf Firevision — $19.99 and up
Play football in the dark. This football contains micro-prism technology that glows in the dark when kids wear the special Firevision frames. The glow can be seen from more than 100 feet away. No charging required. A Firevision Flyer Disc and hyper Bounce Ball are also available.

LeapReader — $59.99
Give the gift of learning. This electronic pen will help your youngster learn to read and write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

Dice+ — $39.99
A cool way to enjoy digital versions of board games without losing the pleasure of throwing dice. This digital die works with interactive board games on your Android or iOS tablet. Roll the Dice+ and watch as the result is sent directly to the game. The best part? No cheating.

Laser Pegs — various prices, clockwise, from left, Belkin Lego Builder Case for iPod — $29.99, Sphero 2.0 — $129.99, and Nerf Firevision — $19.99.

Laser Pegs — various prices
Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

iHeart Diary Electronic Locket — $24.99
A great gift for young writers. This electronic locket sends a secret digital code to your iPad to unlock the diary app. Add pictures, drawings and memories, or speak directly into the locket and have it record your notes for you. There is also a button to erase all personal content.

LeapReader — $59.99, far left, Furby Boom — $59.97, top left, Nintendo 2DS — $129.99, above.

Holiday gift guide

40 shopping days left

Oh What Fun it is to Stay
Looking for the perfect Christmas gift?
Think Fantasyland Hotel Gift Certificates.
Theme rooms starting at:
$169 Includes Breakfast For Two
(Valid Sunday to Thursday. Value: $388 to $428)
$259 Includes Waterpark Passes for Two
(Valid seven days a week. Value: $388 to $428)
Limited quantities available. Gift Certificates can be purchased by phone or in person in the lobby of Fantasyland Hotel. 1-800-RESERVE (737-3783)
For details, visit fantasylandhotel.com
FANTASYLAND HOTEL
WEST EDMONTON MALL

Lending a helping hand

Free time. There are myriad ways to contribute your time and resources during the holidays

JANE DOUCET
For Metro

Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Sladowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or singing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Sladowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-perishable goods to help stock the shelves.

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence. If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at your workplace, in a school or with an organization," Speevak-Sladowski said.

If you aren't sure where to start, two helpful websites are volunteer.ca and getinvolved.ca.

And don't worry if you aren't keen on your volunteering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Sladowski said. "When everyone's needs are met, volunteering benefits everyone."

Pepto-Bismol Chewables To-Go.
Chewables
The Power of
PEPTO
now in your pocket.
Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.
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THE TRUE MEANING OF THE SEASON

TIME TO THINK ABOUT CHARITABLE GIVING

ISTOCK/THINKSTOCK

With all the holiday frenzy, it may be easy to forget the importance of charitable giving.

We may be bombarded with requests, but do we actually open our wallets and support those in need? How do we decide on which charities to support?

And considering all the other expenses at this time of year, why would we choose the holidays to make our donations?

"People make donations throughout the year, but charitable giving does start to rise in late October and continues to increase right up to Dec. 31," says Marina Glogovac, president and chief executive officer of CanadaHelps, a registered charity with a mission to help other charities, providing affordable, online fundraising technology for charities, and offering a destination for Canadians to give to the charities of their choice.

Glogovac believes this is partially out of habit and partially for tax benefits, but she also believes Canadians want to share with those in need during this time of year to realize the true meaning of the season.

While cash donations are still the most popular, there are other ways to give.

"Charity gift cards are a great way to spread giving," Glogovac says.

CanadaHelps.org offers charity gift cards for many occasions, and the recipient chooses the cause (from any of Canada's 86,000 charities) to which they want to contribute.

"Another trend is pooling family members together to make a group donation to a charity in lieu of exchanging family gifts."

Also growing in popularity is giving an item instead of cash, anything from livestock to trees can be gifted to a family in a developing country in someone's name.

Perhaps the most important decision is which charities to choose.

"Many people give to their alma maters, health-related charities and to communities in need, but there are many other worthy charities," Glogovac says. "It's important to choose based on what's important to you, especially if you're considering regular donations and planned giving."

Start with research.

"Don't just look at the obvious choices. There are many incredible small charities that do great work. Spend some time figuring out what's important to you."

Visit the Canada Revenue or CanadaHelps websites, or check out individual charity sites to read about charity visions, mission statements and more to help you decide.

– Michelle Williams

HELP A BLIND PERSON SEE

Chime and Tashi.

CONTRIBUTED

Ninety per cent of the 39 million blind people in the world live in low-income countries and the majority won't walk into a hospital and request sight-restoring surgery for something as treatable as cataracts, the leading cause of blindness. They are too poor. They don't understand they can be helped. They have no way to get to the hospital. They are frightened. They are women and children and not able to travel freely. They will stay blind until eye care is brought to their doorstep.

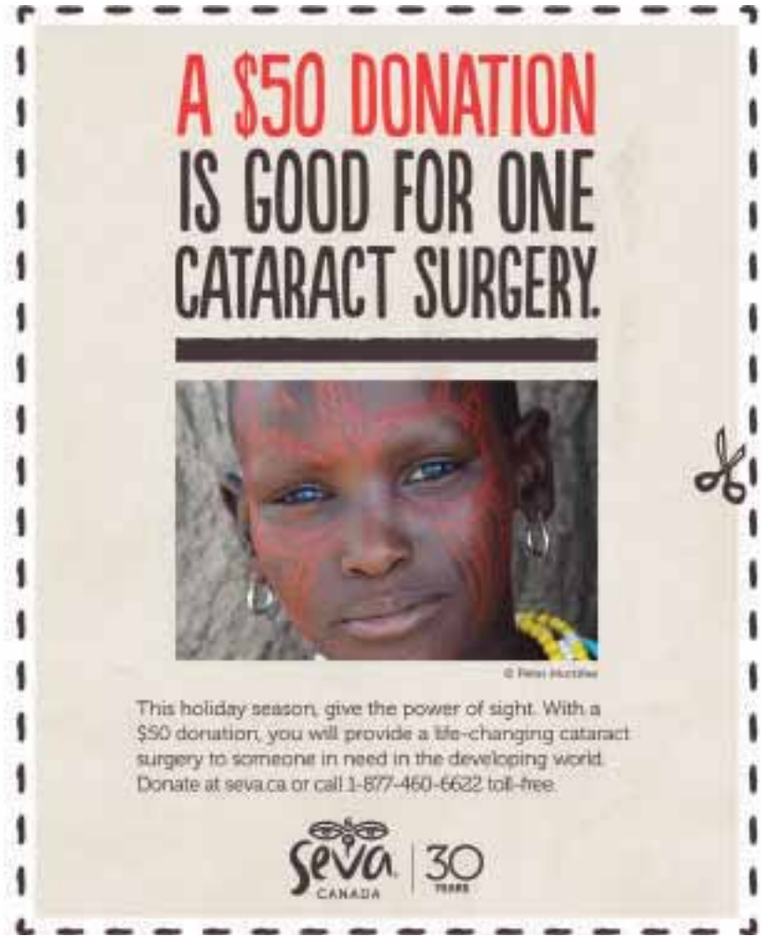
Seva Canada has worked for more than 30 years to restore sight and prevent blindness in low-income countries. Seva believes eye-care programs must leave the confines of the hospital.

"The most important thing we do is to connect blind people, the majority of whom live in remote, rural areas with the eye care that can help them," says Seva Canada executive director Penny Lyons. "This is accomplished by studying the financial and social barriers that prevent people from accessing care and using this knowledge to empower people to get the help they need."

Eighty per cent of all visual impairment is avoidable through prevention, treatment or cure. Cataracts can be treated with a 15-minute operation costing just $50.

This holiday season help a blind person see.

Someone like Chime. Chime and her only companion, six-year-old daughter Tashi, were homeless beggars in the streets of Nakchu, Tibet. Chime, blind from cataracts, relied on Tashi to lead her through the streets to beg for food and money. Then Seva came and restored Chime's sight. Now she can see. She can work. Tashi can go to school. Together they have a brighter future.


A $50 DONATION
IS GOOD FOR ONE
CATARACT SURGERY.
This holiday season, give the power of sight. With a $50 donation, you will provide a life-changing cataract surgery to someone in need in the developing world. Donate at seva.ca or call 1-877-460-6622 toll-free.
Seva CANADA
30 YEARS

THE JOURNEY OF A LIFETIME

PLAN CANADA'S GIFTS OF HOPE

Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference – it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

– Heather Beaumont

MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at plangifts.com.

GIFTS FOR ALL

Create change with more than 40 Gifts of Hope, starting at just $10. With 26 matched gifts and 15 Because I am a Girl gifts, there is something for everyone on your list. Every Gift of Hope purchase comes with a free greeting card, e-card or PDF card to give to your recipient.

Shop online at plangifts.com.

Top gifts this year include:

- Bed nets ($10)
- Girls' take-home rations ($25)
- Clean water for families ($75)
- Goats ($75, $775 a herd)
- Two pigs ($90)
- Literacy training for two women ($120)
- Girl's scholarship ($295)

Think outside the gift box
Why a goat? When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.
Charitable registration number 11892 8993 RR0001

Give a Gift of Hope
plangifts.com

Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.

Plan

HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

COLOURBOX

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regiment and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent practice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit whrecovery.org.

CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.

CONTRIBUTED

FREEDOM FROM ADDICTION

Much more than a rehab center!

Residential Addiction Treatment For Men and Women

Ages 18-34

Proven Effective

At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place.
In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life!

Life-long sobriety - that is our only purpose.

Most Affordable

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction.
Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

Take the First Step

Give Us a Call Today

To Find Out More

Phone 855-592-3001

www.whrecovery.org

I have been in foster-homes, many different recovery programs, and attented countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - ***Kelly D.***

WelcomeHome
ADDICTION RECOVERY ACADEMY
Changing Lives

6911 King George Blvd, Surrey, BC.

I cannot thank you enough for what you have done in not only my life, but my family's as well. - ***Marty C.***

SPORTS 4

Foley forecasts fireworks in West Division final

CFL. Rivalry heats up once again with a Grey Cup berth on the line

The Roughriders' Ricky Foley sacks Lions quarterback Thomas DeMarco on Oct. 4 in Vancouver. Foley is hoping to play in his second straight Grey Cup, having been a key member of the Argos last season. DARRYL DYCK/THE CANADIAN PRESS

Saskatchewan Roughrider defensive end Ricky Foley has been here before — staring down a tough team in a division final, with the possibility of playing in the Grey Cup on home turf on the line.

The Riders will play the Stampeders in Calgary in the CFL West Division final on Sunday, with the winner heading to Regina for the Nov. 24 Grey Cup.

Foley was with the Toronto Argonauts last season when they won the Grey Cup at home. But first, the Argos had to get past their arch-rival Alouettes in Montreal in the CFL East Division final.

It's only Foley's first year in Saskatchewan, but he says the Riders' feelings against Calgary are similar.

"You can feel it. It's definitely palpable," Foley said after practice Thursday. "You can sense it around here with the guys who have been with the team for a while. I know how much they don't like Calgary.

"We've got some guys on our team who like to talk; they've got some guys on their team who like to talk. They've got some guys who like to hit; we've got some guys who like to hit. So any time you have that, I think it's put into a little bit of a melting pot and it's pretty combustible right now.

"I think there's a genuine distaste for each other right now at this point and Sunday's probably going to explode and we'll see what happens."

Some things are similar to last year in this division final, Foley said, while others are not.

"Well, for me it's a lot colder. I was in a dome last year doing this sweating, so that's my main difference," Foley joked. "The feeling, it's pretty similar. Even when I was in B.C., it's pretty similar. You know, you get to this point, you realize it's the CFL and anybody can win on any given day. The best four teams are left and you've got to bring your A-game."

Foley said it's only fitting that Calgary is the team Saskatchewan has to get past to get to the championship.

A 29-25 win over the B.C. Lions in the West semifinal earned the Roughriders the trip to the West final.

Calgary won the West with the CFL's best record of 14-4. The Stampeders also won the season series with Saskatchewan 2-1, with both victories coming at McMahon Stadium.

Foley, who also won a Grey Cup with B.C. in 2006, says playoff games come down to trusting your coaches and your teammates.

"From my experience, the best thing to do is not get too uptight, not try to do anything too much different than what you've done," he said. "You've been successful, you've gotten to this point — keep doing what you've done to get here and just be focused."

THE CANADIAN PRESS

West Division final

Riders at Stampeders, Sunday, 3:30 p.m. (TSN)

Calgary won the season series 2-1, with both wins coming at McMahon Stadium. Saskatchewan advanced to the conference final by downing B.C. 29-25 last weekend, with quarterback Darian Durant going 19 of 23 passing for 270 yards and two TDs and running for a game-high 97 yards on six carries.

Both teams have solid rushers as Calgary's Jon Cornish had a CFL-leading 1,813 yards with Saskatchewan's Kory Sheets second at 1,598. But they also sport solid defences as the Riders allowed a league-low 22.1 points per game, while the Stampeders were second at 22.9.

The Stampeders were 8-1 at home and 7-1 versus West Division competition.

Pick: Calgary

CFL. Hage gets final chance with Ticats

He's a multiple all-star, been the recipient of outstanding lineman and Canadian nominations and last year was named the top centre in the Hamilton Tiger-Cats' illustrious CFL history.

But on Sunday, Marwan Hage will experience a career first: playing in an East Division final. The Ticats face the Toronto Argonauts at Rogers Centre with the winner advancing to the Grey Cup game.

"You just have to cherish the opportunity and give it the best shot you've got every time because it might not come around for another five to 10 years," Hage said Thursday. "I can attest to that."

Hamilton's back in the East final for the first time since dropping a 19-3 decision to Winnipeg in 2011. But the six-foot-two, 291-pound Hage didn't play then due to injury.

A healthy Hage certainly enhances Hamilton's chances for success Sunday. The 32-year-old centre is responsible for calling the offensive line's blocking assignments. Hage must recognize defensive fronts and quickly figure out how to best neutralize the rush or oncoming blitz packages.

That's a challenge most games, but becomes even more difficult when facing a Toronto defence headed by Argos defensive co-ordinator Chris Jones.

THE CANADIAN PRESS

Hage's head space

"I have the utmost respect for his defence and some of the crazy stuff you see out there."

Ticats centre Marwan Hage on Chris Jones, the Argos' blitz-happy defensive co-ordinator.

East Division final

Ticats at Argonauts, Sunday, 12 p.m. (TSN)

The two franchises will meet Sunday at Rogers Centre in their first East final showdown since 1986. That year, Hamilton (9-8-1) edged Toronto (10-8-0) 59-56 in a two-game total-points finale before upsetting a 13-4-1 Edmonton squad 39-15 in the Grey Cup.

All signs point to a tight, high-scoring affair at Rogers Centre. Both quarterbacks are veterans and have won their share of big games, including Grey Cups. But Toronto has done a better job of protecting the football, with just 32 giveaways — including a league-low nine interceptions — and had 18 more takeaways than turnovers.

Hamilton can't say the same, committing 45 turnovers during the season and finishing -13 in the giveaway-takeaway bracket. That often decides the outcome of close games.

Pick: Toronto

Miggy extends MVP reign for another year

MLB. Tigers' star slugger Cabrera named AL's best again after winning another batting title in Detroit

Miguel Cabrera was named AL MVP for the second season in a row on Thursday. GETTY IMAGES

All those who marvel at Miguel Cabrera can only wonder what he might have done this year if completely healthy.

Even so, Cabrera was a huge hit in Motown.

Despite being hobbled by all sorts of ailments, the Detroit Tigers slugger won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable margin.

A season after winning baseball's first Triple Crown in 45 years, Cabrera came back to lead the majors in hitting at .348 and finish second with 44 home runs and 137 RBIs.

"I think this year was tougher because of the injuries," he said on a conference call from the Miami area.

"It was the last two months. It was tough to play through it."

Still, Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' Association of America.

Pirates centre-fielder Andrew McCutchen took the NL MVP by a surprisingly wide margin after leading a baseball revival in Pittsburgh. McCutchen drew 28 of the 30 first-place votes after hitting .317 with 21 home runs and 84 RBIs in 2013. He also scored 97 runs, stole 27 bases and had a .404 on-base percentage. THE ASSOCIATED PRESS

Steen's head of scoring steam alive in St. Louis

Blues right-winger Chris Stewart scores on Avalanche goalie Semyon Varlamov on Thursday night in St. Louis. Alexander Steen scored his league-leading 15th and 16th goals and the Blues' slumping power play woke up with three goals in a 7-3 win over Colorado.

JEFF ROBERSON/THE ASSOCIATED PRESS

IndyCar

Franchitti forced to end career early with injuries

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash. THE ASSOCIATED PRESS

Swimming

Phelps eyeing return for Rio?

Michael Phelps
GETTY IMAGES

Michael Phelps has rejoined the U.S. drug-testing program, the strongest signal yet that he's planning a comeback for the 2016 Rio de Janeiro Olympics.

Phelps told The Associated Press on Thursday that "nothing is set in stone." THE ASSOCIATED PRESS

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GSP personifies a champion, says UFC president

MMA. Welterweight title holder still driven after many years of success; set to face Hendricks on Saturday

Hungry. Obsessed. Driven. Professional. The epitome of a champion.

UFC president Dana White was full of praise Thursday in summing up welterweight champion Georges St-Pierre, who looks to extend his MMA legacy this weekend with a win over Johny 'Bigg Rigg' Hendricks at UFC 167.

"When you're as rich as Georges St-Pierre is, to stay that mentally tough and to keep having the drive and the passion to win that he does, that's what separates him from all the rest," White told reporters Thursday.

Asked how rich the 32-year-old fighter from Montreal was, White replied: "He's rich. He's very rich."

And White knows rich. The UFC boss travels in a world of private jets, big bets, fast cars and the finest restaurants.

Saturday's payday will likely help further pad the GSP retirement fund. St-Pierre, the organization's biggest pay-per-view draw, is likely to earn several times over the $2 million US that Zuffa, LLC paid to purchase an ailing UFC back in 2001.

White has his favourites and villains in his roster of fighters past and present. Former light-heavyweight Chuck 'The Iceman' Liddell is like family. Tito Ortiz, another former title-holder, was oil to White's water.

But his tribute to St-Pierre, in a lengthy scrum of reporters after the pre-fight news conference Thursday, was unparalleled.

"He's an absolute professional," White said. "No matter how dominant he's been over the last however many years, he still takes guys seriously, he still puts in the hard work. He's a dedicated professional."

THE CANADIAN PRESS

Tiebreaker

19

Georges St-Pierre can make history by winning Saturday, becoming the first fighter to record 19 wins in the UFC. The Canadian champion is currently tied with UFC Hall of Famer Matt Hughes, whom he first beat for the title, at 18 victories.

UFC welterweight champion Georges St-Pierre trains on Oct. 28 in Montreal for his upcoming fight against Johny Hendricks. RYAN REMIORZ/THE CANADIAN PRESS

Distribution Assistant (part time)

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All submissions will be treated as confidential.

metro

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	19	14	5	0	61	44	28
Boston	18	12	5	1	51	32	25
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	20	7	10	3	56	64	17
Philadelphia	18	7	10	1	33	45	15
Columbus	18	6	10	2	46	53	14

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Dallas	18	9	7	2	49	52	20
Winnipeg	20	9	9	2	53	57	20
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	21	15	5	1	69	53	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Los Angeles	19	12	6	1	55	46	25
Vancouver	20	11	7	2	54	54	24
Calgary	18	6	9	3	49	64	15
Edmonton	20	4	14	2	48	78	10

Note: Two points for a win, one point for overtime loss.

Thursday's results
Los Angeles 3 NY Islanders 2
Tampa Bay 5 Anaheim 1
Boston 3 Columbus 2 (OT)
Phoenix at Chicago
Colorado at St. Louis
Dallas at Calgary
San Jose at Vancouver
Wednesday's results
Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1
Dallas 3 Edmonton 0
Friday's games
All times Eastern
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.
Saturday's games
NY Rangers at Montreal, 7 p.m.
Detroit at NY Islanders, 7 p.m.
Buffalo at Toronto, 7 p.m.
Pittsburgh at New Jersey, 7 p.m.
Carolina at St. Louis, 8 p.m.
Tampa Bay at Phoenix, 8 p.m.
Chicago at Nashville, 8 p.m.
Florida at Colorado, 9 p.m.
Edmonton at Calgary, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

WEEK 11
Thursday's result
Indianapolis at Tennessee
Sunday's games
All times Eastern
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday's game
New England at Carolina, 8:40 p.m.

NBA

Thursday's results
Houston at New York
Oklahoma City at Golden State
Wednesday's results
Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
Denver 111 L.A. Lakers 99
Utah 111 New Orleans 105
Sacramento 107 Brooklyn 86
Portland 90 Phoenix 89
L.A. Clippers 111 Oklahoma City 103
Friday's games
All times Eastern
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

♉ Taurus
April 21 - May 21
There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

♊ Gemini
May 22 - June 21
You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

♋ Cancer
June 22 - July 23
What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

♌ Leo
July 24 - Aug. 23
The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

♍ Virgo
Aug. 24 - Sept. 23
Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

♎ Libra
Sept. 24 - Oct. 23
Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

♏ Scorpio
Oct. 24 - Nov. 22
Generally speaking you don't try too hard to make yourself look good – as far as you're concerned it's up to other people to impress you – but it will pay you to put on your best face today.

♐ Sagittarius
Nov. 23 - Dec. 21
The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

♑ Capricorn
Dec. 22 - Jan. 20
The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled – are you?

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

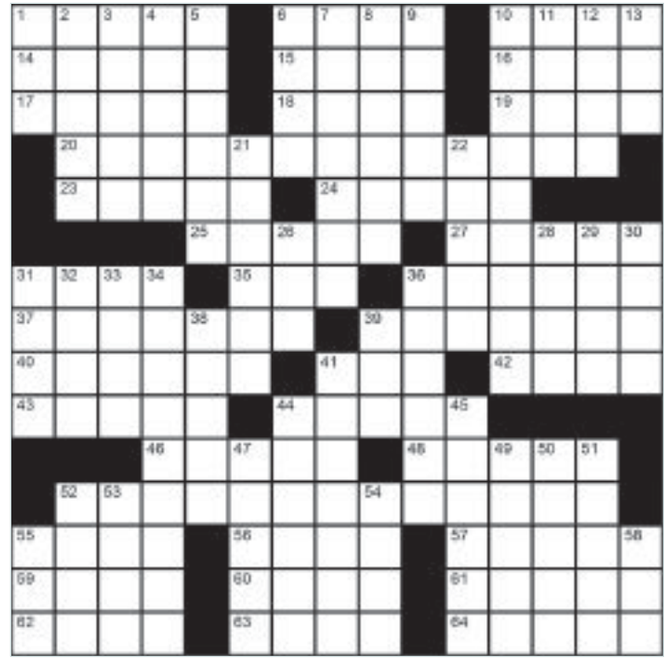
♓ Pisces
Feb. 20 - March 20
Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



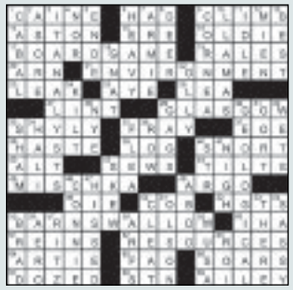
Across

1. Training institutes, for short
6. Finishes
10. Actress Ms. Farmiga
14. Sort of shrub
15. Hair remover brand
16. Dedicated
17. "Much ___ amazement..." (We were quite surprised)
18. Like a hooting bird
19. ZZ Top hit
20. Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother": 2 wds.
23. After lunchtime time, e.g.: 2 wds.
24. Beautify
25. Bluegrass musician, _ __ Burnett
27. Story, in a house, in French
31. Blue-__ stock
35. Speech stops
36. House: French
37. Nunavut's Road to __
39. BC city east of Vancouver
40. CBS police drama, "Blue __"
41. '_' __ in Vancouver
42. Suffix meaning 'condition of sight'
43. Funnel-shaped
44. Fashionable fabrics
46. Camera company
48. Lohengrin aria: "__ Dream"
52. Vintage kids show on Canadian television set in a castle: 2 wds.
55. __-a-brac
56. Family suffix in zoology
57. Spouses for Duchesses
59. Shania Twain's "__! _ Feel Like a Woman!"
60. Actress, Sherilyn __
61. British singer Ms. Goulding
62. Ms. Swenson of "Benson"
63. Mr. Byrnes of "77 Sunset Strip", and others
64. Blood vessel implant

Down

1. Nova Scotia hrs.
2. "The Big Bang Theory" star Kaley
3. Many _ __ ago...
4. Stew from France
5. Writer's output in Hollywood
6. Biblical grandson
7. Salad dressing from Hollywood legend Paul, __ Own
8. Hoodwink
9. Pen, in Quebec
10. Legendary fashion designer
11. By any chance
12. Fiendishly 'fixes'
13. Promos
21. Fireplace's glowing remnants
22. Gloom
26. Mined stuff
28. Pronto!
29. Desert in Mongolia
30. Irish singer
31. Cable network
32. Prefix to 'gram' (3D image)
33. Champion's shout!: 2 wds.
34. Ancient maritime power of the Mediterranean
36. Peatland
38. Van Halen guitarist
39. __ Harbour, Florida
41. Eastern coast of North America explored by Viking seafarer Leif Ericsson
44. Placed grassy rolls
45. Parts on trombones
47. Kitchen cutter
49. __ Ste. Marie, Ontario
50. __ bracelet
51. American writer Gertrude
52. Ms. Drescher
53. Diamond __
54. Cravings
55. Dieter's calculator sort [acronym]
58. Place

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1			2		6			3
	6		8		4		5	
		7				4		
		5	4		7	6		
2								5
		9	3		5	1		
		6				8		
	8		7		3		9	
7			9		1			4

Yesterday's Sudoku

4	5	1	9	2	6	3	7	8
7	9	6	4	8	3	1	2	5
8	3	2	5	1	7	9	6	4
6	1	7	2	4	5	8	9	3
2	8	9	3	7	1	4	5	6
5	4	3	8	6	9	2	1	7
3	6	4	7	9	2	5	8	1
1	2	5	6	3	8	7	4	9
9	7	8	1	5	4	6	3	2

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